

ABSTRACT

An optical recording medium used as a recording medium for information signals in which, in forming a groove along a recording track, a first groove and a second groove are formed to a first depth x to describe a double helix and a third groove having a second depth y shallower than the first depth x is formed between the first and second grooves describing double helices. By setting the phase depths of these grooves to a pre-set range, signals required for tracking servo or seek are obtained to sufficient levels to realize stable tracking servo and seek.